



Easy ways to keep your kids safe from lead poisoning

Lead is a metal. It is all around us.

Lead is in:

- Paint on houses built before 1978, especially houses built before 1960.
- Soil, from years of leaded gasoline use.
- Many items we use in our homes.

Lead harms little children.

Lead can cause serious illness and learning problems in school.

Even though we can't get rid of all the lead, there are some easy things to do that will help keep your children safe from lead poisoning.

1



Wash children's hands before meals and after play.

Lead dust on the floor or ground can get onto toys, bottles and hands. When little children put these things in their mouths, they also ingest the lead dust.

- Wash children's hands before they eat and after play. This helps keep lead out of mouths.
- Wash items that go in the mouth every day and more often if dropped on the floor.
- Try to keep children from sucking their thumbs. Give clean pacifiers instead.

2

Give healthy food with iron, calcium and vitamin C.



Foods that have calcium, iron, and vitamin C help protect a child from lead poisoning. Low-fat foods also protect against lead poisoning.

Examples of some good foods:

High-calcium foods: milk, yogurt, cheese, tofu

High-iron foods: lean meats and fish, iron-fortified cereals, eggs, beans, raisins

Vitamin C foods: leafy green vegetables, fruits and juices

Low-fat foods: fruits, vegetables, pasta, rice, bread, low-fat milk and cheese, beans, lean meats

3

Have your child's blood tested for lead.



Children can have lead poisoning and not look or act sick. Blood tests are the only way of knowing.

Children should be tested at one and two years of age, and later if necessary.

Call your child's doctor or clinic to find out about blood tests for lead.

Other things you can do

4



Pottery

Do not use highly decorated dishes or handmade pottery for cooking or storing food.

Use plastic and glass cups and dishes. Cast iron and metal pots are safe to use. Dishes sold in the U.S.A. today are usually safe to use.



5



Old paint that is peeling, chipping or turning to dust

Keep children away from old paint.

Use duct tape or contact paper to cover old paint that is chipped or peeling.

Use water for cleaning rather than a dry broom.
Mop and wet-wipe floors and window sills often.



6



Soil

Do not let children play in dirt near an old house with peeling paint, a highway, factory or auto shop. Use a sandbox. Cover soil around house with plants, rocks or pavement.

7

Items for children

Most products made in the U.S.A. are lead-safe. Be careful of items from other countries that can have lead, such as color crayons and decals on toys.



8



Candy

Lead can be in candy from other countries and in the wrappers. Don't let children eat too many of these candies or hold or chew the wrappers.

9



Home Remedies

Azarcon, greta and other powders may contain lead.
Give your children only doctor-approved medicines.

10 Moms can pass lead to their unborn or breast-feeding children.

Pregnant and breast-feeding women who might have lead in their bodies need to talk to their doctors about having a blood lead test.



Medi-Cal and low-income children can get free medical checkups, including a blood lead test. For information, call CHDP* at (619) 692-8428 or 1 (800) 675-2229 (North County).

*Child Health and Disability Prevention Program

**For more information about lead poisoning,
call the Childhood Lead Poisoning Prevention Program
at (619) 515-6694.**

